

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (Currently Amended): A hair holder that is used as a tool for rolling a strand of hair, comprising:

a flat tube having a first side and a second side and formed of at least one sheet in such a design that the strand of hair can be inserted from a first end opening at one end thereof to a second end opening at the other end thereof, wherein

a sheet of the first side of the tube has a plurality of sheet openings that are long in a width direction of the tube and are arranged with a space in the length direction of the tube,

the tube has substantially no extensibility in the length direction thereof, [[and]]

the plurality of sheet openings that are long in the width direction of the tube, extend over a length of at least 2/3 of a width of the sheet forming the first side, and are arranged at a pitch of 2 to 50 mm, and

the plurality of sheet openings are configured to allow the hair holder to be smoothly rolled up.

Claim 2 (Canceled).

Claim 3 (Previously Presented): The hair holder according to claim 1, wherein the sheet openings are ellipses, rectangles, or slits.

Claim 4 (Previously Presented): The hair holder according to claim 1, wherein a sheet forming the second side of the tube has a Taber stiffness of 0.4 mN·m or more.

**Claim 5 (Previously Presented):** The hair holder according to claim 1, having a sheet having a Taber stiffness of 0.4 mN·m or less applied in tension to the sheet openings.

**Claim 6 (Previously Presented):** The hair holder according to claim 1, wherein the tube is formed of two rectangular sheets, the two sheets being joined together along long side edges thereof, and one of the two sheets having the sheet openings.

**Claim 7 (Previously Presented):** The hair holder according to claim 1, having a plastically deformable member attached to the tube along the length direction of the tube.

**Claim 8 (Previously Presented):** The hair holder according to claim 7, wherein the plastically deformable member is movable relative to the tube.

**Claim 9 (Previously Presented):** The hair holder according to claim 1, wherein the tube has indentations at spaced intervals on opposite long side edges thereof.

**Claim 10 (Previously Presented):** A hair holder, comprising:  
a flat tube having a first side and a second side and formed of at least one sheet in such a design that a strand of hair can be inserted from a first end opening at one end thereof to a second end opening at the other end thereof, wherein  
the first side of the tube is formed of a sheet having a Taber stiffness of 0.4 mN·m or less,

the sheet forming the first side of the tube having adhered thereto a plurality of attachment pieces that are long in a width direction of the tube at spaced intervals along a length direction of the tube, and

the tube having substantially no extensibility in the length direction thereof.

Claim 11 (Previously Presented): A method of curling hair, comprising:  
placing the hair to be curled into a hair holder, the hair holder including  
a flat tube having a first side and a second side and formed of at least one  
sheet in such a design that the strand of hair can be inserted from a first end opening at one  
end thereof to a second end opening at the other end thereof, wherein  
a sheet of the first side of the tube has a plurality of sheet openings that are  
long in a width direction of the tube and are arranged with a space in the length direction of  
the tube,  
the tube has substantially no extensibility in the length direction thereof, and  
the plurality of sheet openings are long in the width direction of the tube,  
extend over a length of at least 2/3 of a width of the sheet forming the first side, and are  
arranged at a pitch of 2 to 50 mm;  
rolling up the hair holder with the hair inside to a desired starting diameter;  
keeping the hair holder in a rolled state with a fixing member;  
applying a hair treating agent to the hair via the hair holder; and  
releasing the hair from the hair holder after a predetermined amount of time.

Claim 12 (Previously Presented): The method of curling hair of claim 11, wherein the  
applying the hair treating agent via the hair holder includes applying the hair treating agent  
via sheets of the hair holder that are permeable to the hair treating agent.

Claim 13 (Previously Presented): The method of curling hair of claim 11, wherein the applying the hair treating agent via the hair holder includes applying the hair treating agent via openings in at least one of the sheets of the hair holder.

Claim 14 (Previously Presented): The method of curling hair of claim 11, wherein the rolling up the hair holder includes rolling up the hair holder with openings in a sheet of the hair holder facing inward from the rolled up hair holder.

Claim 15 (Previously Presented): A method of curling hair, comprising:  
placing the hair to be curled into a hair holder, the hair holder including  
a flat tube having a first side and a second side and formed of at least one sheet in such a design that a strand of hair can be inserted from a first end opening at one end thereof to a second end opening at the other end thereof, wherein  
the first side of the tube is formed of a sheet having a Taber stiffness of 0.4 mN·m or less,  
the sheet forming the first side of the tube having adhered thereto a plurality of attachment pieces that are long in a width direction of the tube at spaced intervals along a length direction of the tube, and  
the tube having substantially no extensibility in the length direction thereof;  
rolling up the hair holder with the hair inside to a desired starting diameter;  
keeping the hair holder in a rolled state with a fixing member;  
applying a hair treating agent to the hair via the hair holder; and  
releasing the hair from the hair holder after a predetermined amount of time.